

ch. 07: Hair and Scalp Properties

1. Which is a primary reason cosmetologists need to understand the properties of the hair and scalp? 1.
 - a. Cosmetologists are responsible for protecting their clients' hair and scalp.
 - b. Many symptoms of diseases and skin conditions affect the hair and scalp.
 - c. Knowing hair and scalp properties can ensure cosmetologists can protect their clients' skin.
 - d. Cosmetologists need this knowledge to provide proper skin care recommendations.

2. The study of hair is called _____. 2.
 - a. cosmetology
 - b. trichology
 - c. scalp and hair analysis
 - d. hair growth cycle analysis

3. The part of the hair that is located above the epidermis is the _____. 3.
 - a. root
 - b. arrector pili muscle
 - c. shaft
 - d. follicle

4. What does the dermal papilla do? 4.
 - a. It anchors the hair in the skin.
 - b. It contains cells that form the hair strand.
 - c. It causes goose bumps.
 - d. It supplies the nutrients that hair needs to grow.

5. What is the function of the hair bulb? 5.
 - a. It contains cells that form the hair strand.
 - b. It causes goose bumps.
 - c. It anchors the hair in the skin.
 - d. It lubricates the hair and skin.

6. Which of the following is true about the hair shaft? 6.

- a. It is the only part that makes up human hair.
 - b. It is the nonliving portion of hair.
 - c. It is made up of the hair follicle, hair bulb, and dermal papilla.
 - d. It is the living portion of the hair.
7. Which hair type is most likely to have a medulla? 7.

- a. fine hair
 - b. red hair
 - c. coarse hair
 - d. blonde hair
8. Which part of the hair shaft plays an important role during chemical services? 8.

- a. hair bulb
 - b. hair follicle
 - c. medulla
 - d. hair cuticle
9. Hair is approximately 90 percent _____. 9.

- a. protein
 - b. water
 - c. lipids
 - d. minerals
10. Which type of bond is an end bond? 10.

- a. hydrogen
 - b. salt
 - c. disulfide
 - d. peptide
11. A client's hair is extremely curly. What is likely to be the shape of the cross-section of the hair follicles? 11.

- a. round
 - b. oval
 - c. elliptical
 - d. between oval and round

12. Which of the following is true about fine hair? 12.
- a. It is the most common hair texture.
 - b. It has the largest diameter.
 - c. It does not present styling concerns.
 - d. It may process faster during chemical services.
13. If you can see the scalp, the hair _____ is thin. 13.
- a. density
 - b. texture
 - c. porosity
 - d. elasticity
14. Which of the following is true about hair porosity? 14.
- a. Hair porosity is the same all over a person's head.
 - b. High porosity is often caused by overprocessing.
 - c. Hair with average porosity requires less alkaline solutions.
 - d. Hair with high porosity has a healthy cuticle.
15. A client's hair is brittle and breaks easily. What can you do when providing a service to protect the hair? 15.
- a. Use a higher-pH solution to minimize any further damage to the hair.
 - b. Use a high moisturizing conditioner.
 - c. Use a lower-pH solution to minimize further damage to the hair.
 - d. You cannot do anything; services should not be performed.
16. Which of the following is characteristic of a hair whorl? 16.
- a. Hair flows in the same direction.
 - b. Hair flows in opposite directions.
 - c. Hair grows straight up.
 - d. Hair grows in a circular pattern.
17. Which type of hair is often referred to as peach fuzz? 17.
- a. vellus
 - b. lanugo
 - c. terminal
 - d. wavy

18. In which phase(s) of the hair cycle does hair grow? 18.

- a. catagen
 - b. anagen
 - c. telogen
 - d. catagen and telogen
19. Which is true about the telogen phase? 19.

- a. The hair bulb disappears during the telogen phase.
 - b. Ninety percent of hair is in this phase at any period of time.
 - c. Hair can shed during the telogen phase.
 - d. It lasts up to 2 weeks.
20. Your 52-year old client is letting the hair grow out. Growth hasn't occurred in 6 months. What should you advise this client? 20.

- a. The hair will grow once it is out of the telogen phase.
 - b. The hair will grow if the client shaves it and then lets it grow.
 - c. The hair will grow once it is out of the anagen phase.
 - d. The hair will grow; it just may take longer because the client is older than 50.
21. Which of the following is a fact about hair growth? 21.

- a. Shaving and cutting hair makes it grow back faster.
 - b. Scalp massages increase hair growth.
 - c. Hair growth primarily occurs during the catagen phase.
 - d. Hair growth rate is based on genetics.
22. The tube-like depression or pocket in the skin or scalp that contains the hair root is the _____. 22.

- a. hair follicle
 - b. hair bulb
 - c. hair shaft
 - d. scalp

23. The _____ is the small, involuntary muscle in the base of the hair follicle. 23.

- a. medulla
 - b. tinea
 - c. arrector pili muscle
 - d. dermal papilla
24. The middle layer of the hair is the _____. 24.

- a. canities
 - b. cortex
 - c. cysteine
 - d. catagen
25. The _____ is the outermost layer of the hair. 25.

- a. hair follicle
 - b. hair bulb
 - c. hair cuticle
 - d. hair root
26. The major elements that make up human hair are carbon, oxygen, hydrogen, nitrogen, and _____. 26.

- a. sulfur
 - b. silicon
 - c. salt bond
 - d. selenium
27. The strong, chemical bonds that join amino acids are called _____. 27.

- a. salt bonds
 - b. hydrogen bonds
 - c. peptide bonds
 - d. side bonds

28. Hair texture is classified as _____.

- a. wavy, straight, or curly
- b. light, medium, or dark
- c. coarse, medium, or fine
- d. long, medium, or short

28.

29. The long, coarse, pigmented hair found on the scalp, legs, arms, and bodies of males and females is called _____.

- a. vellus hair
- b. extra hair
- c. lanugo hair
- d. terminal hair

29.

30. Shaving, clipping, and cutting the hair on the head _____.

- a. makes it grow back faster
- b. makes it grow back darker
- c. makes it grow back coarser
- d. has no effect on hair growth

30.
